



SRI LANKA BUDDHIST TEMPLE
Siri Jayanti Association

Getting In The Zone




Sharing with Bro. Billy Tan

Break away from this crowded & stressful world,
and get in the zone practicing the Middle Way.



Synopsis




Explore the Buddha's teachings from a scientific perspective:

- ⌘ Our mind reacts emotionally ("tanhā") to pleasant and unpleasant feelings ("vedanā") from sense perceptions;
- ⌘ How we are easily stressed by lust & greed ("lobha") and anger & hatred ("dosa") from these emotional excitements;
- ⌘ Learn to tame our emotions during meditation and in our daily experiences by applying the **Middle Way** ("majjhimā paṭipadā") to get **"In The Zone"** and experience a more peaceful and tranquil life.

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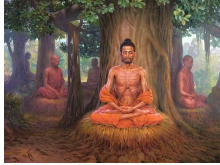
THE MIDDLE WAY

Kāmesu-kāma-sukhallikā-nuyoga
INDULGENCE IN SENSUAL PLEASURES
Expression Of Emotional Excitement
By Releasing Tensions in Action



THE MIDDLE WAY


Atta-kilamathā-nuyoga
SELF-TORMENT & SELF-MORTIFICATION
Suppression Of Emotional Urges
By With-holding all Tensions



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THE MIDDLE WAY

Emotional Reaction to Sensual Feelings





THE MIDDLE WAY


Forceful Effort to Restrain Emotions

Conscious Relaxation,
Introspective Attention,
Mental Equilibrium.
SUBLIME EIGHTFOLD WAY


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THE MIDDLE WAY



❖ **Conscious Relaxation**
(consciously release tensions, relax the body, and calm the mind with mindful breathing)





❖ **Introspective Attention**
(gently bring attention inwards to observe bodily and mental activities)



❖ **Mental Equilibrium**
(compose and still the mind, free from emotional arousals and excitement)

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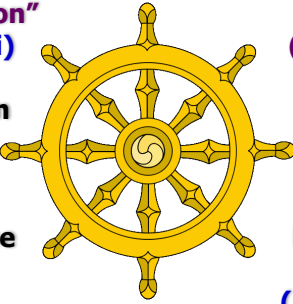


The Sublime Eightfold Way

Harmonious Perspective
"Right View"
(Sammā Dīṭṭhi)

Harmonious Orientation
"Right Intentions"
(Sammā Sankappa)

Harmonious Equilibrium
"Right Concentration"
(Sammā Samādhi)



Harmonious Speech
"Right Speech"
(Sammā Vācā)



Harmonious Attention
"Right Mindfulness"
(Sammā Sati)

Harmonious Exercise
"Right Effort"
(Sammā Vāyāma)

Harmonious Action
"Right Action"
(Sammā Kammanta)

Harmonious Lifestyle
"Right Livelihood"
(Sammā Ājiva)

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MIND AS AN ACTIVITY

THREE PARTS OF MENTAL EXPERIENCES:

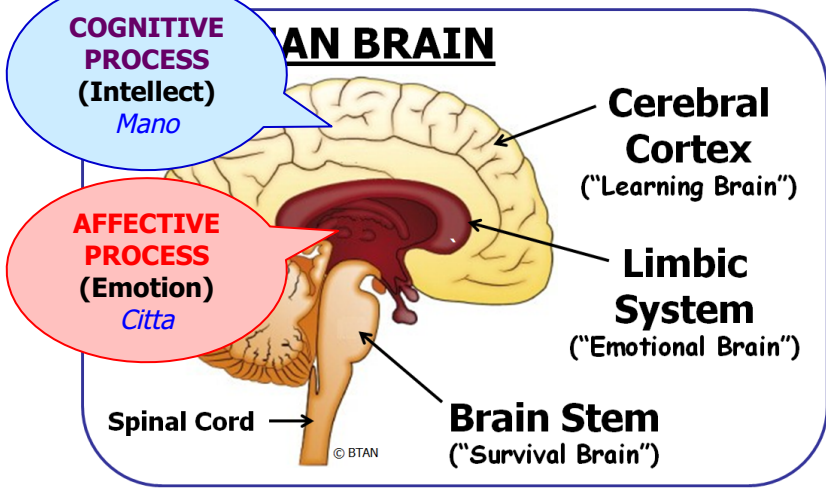
- **Viññāna** : **Process of Perception** ("perception")
 - what was perceived through the sense organs;
- **Mano** : **Cognitive Process** ("cognition & conception")
 - categorized interpretation of perception giving meaning ("nāma") to what was perceived ("rūpa");
- **Citta** : **Affective Process** ("mood / temperament")
 - emotional reaction ("tanhā") to pleasant & unpleasant feelings ("vedanā") is emotional excitement that leads to mood or temperament (emotional state of mind);
 - personalizing the experience leading to the notion of a self-centered existence.

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OUR EVOLVING BRAIN

Our brain evolved over millions of years into **3 main layers**:



COGNITIVE PROCESS (Intellect)
Mano

AFFECTIVE PROCESS (Emotion)
Citta

SPINAL CORD

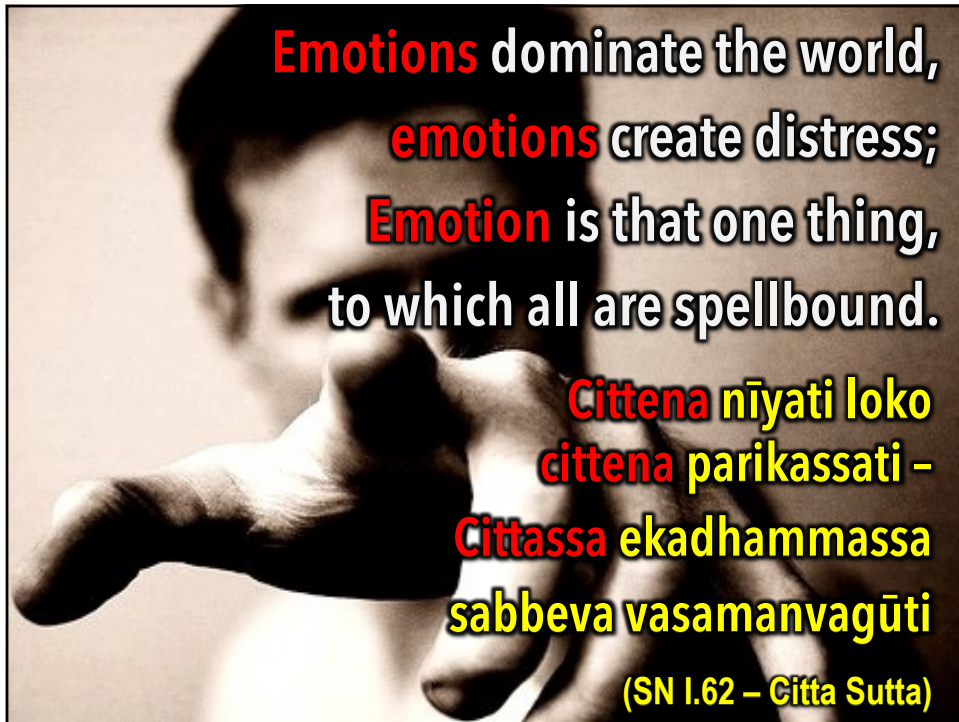
CEREBRAL CORTEX
("Learning Brain")


LIBMIC SYSTEM
("Emotional Brain")

BRAIN STEM
("Survival Brain")

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THE FIVE HINDRANCES (*pañca nīvaraṇa*)





- 1. KĀMMACHANDA**
Desires or lust for sensual pleasures;
- 2. BYĀPĀDA, VYĀPĀDA**
Anger or hatred towards displeasures;
- 3. THĪNA-MIDDHA**
Lethargy & drowsiness (sloth & torpor);
- 4. UDDHACCA-KUKKUCCA**
Anxiety, Worry, & Restlessness;
- 5. VICIKICCHĀ**
Cognitive Dissonance (skeptical doubt).


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 **COGNITIVE DISSONANCE** 
(*"Vicikicchā"*)

- ❖ When "FEELING" and "REASONING" pull in opposite directions, one invariably experiences **cognitive dissonance** (*"vicikicchā"*);
- ❖ One autonomously reacts according to FEELING, and then "justifies" one's **emotionally charged decisions** using clever "reasoning".



"FEELING"
Affective Process
(EMOTIONS)
(*"citta"*)

"REASONING"
Cognitive Process
(INTELLECT)
(*"mano"*)

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**What is
Samatha &
Vipassanā?**


Buddha's Definition

according to
Tatiya-samādhī Sutta (AN 4:94)


What Is Samatha?

1. kathaṃ cittaṃ saṅṭhapetabbaṃ?	How is the citta to be 'made to stand properly' (<u>steadied</u>)?
2. kathaṃ cittaṃ sannisādetabbaṃ?	How is the citta to be 'made to sit properly' (<u>settle down</u>)?
3. kathaṃ cittaṃ ekodi kātabbaṃ?	How is the citta to be made <u>unified</u> ?
4. kathaṃ cittaṃ samādahātabbaṃ?	How is the citta to be brought together & placed (<u>composed</u>)?

SAMATHA = STILLING



Gradual Withdrawal Of Affective Process (Citta)

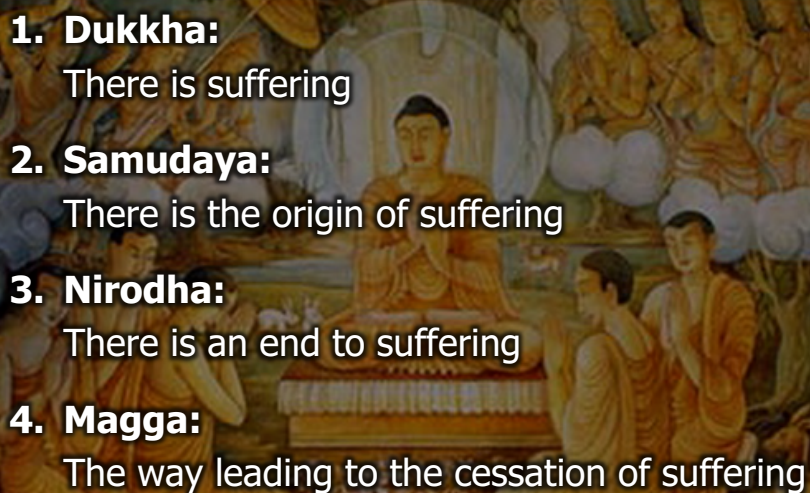


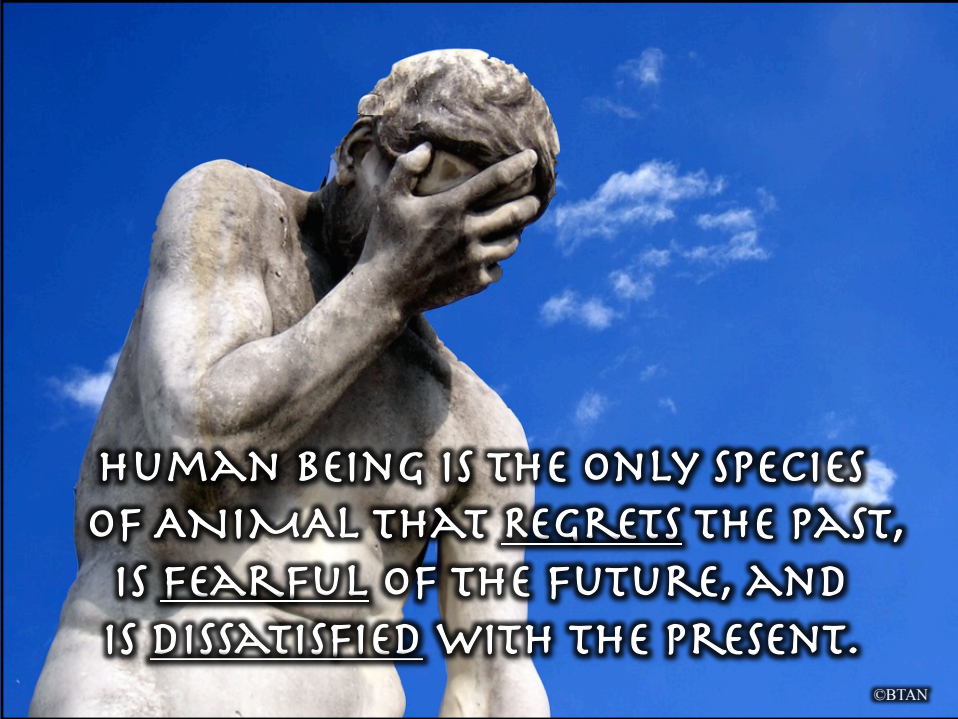
<u>1st Jhāna</u>	<u>2nd Jhāna</u>	<u>3rd Jhāna</u>	<u>4th Jhāna</u>
Inference (<i>vitakka</i>)			
Inquiry (<i>vicāra</i>)			
Cognitive Contentment (<i>pīti</i>)	Cognitive Contentment (<i>pīti</i>)		
Comfort (<i>sukha</i>)	Comfort (<i>sukha</i>)	Comfort (<i>sukha</i>)	
Cognitive Consonance (<i>ekaggatā</i>)	Cognitive Consonance (<i>ekaggatā</i>)	Cognitive Consonance (<i>ekaggatā</i>)	Cognitive Consonance (<i>ekaggatā</i>)

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DHAMMACAKKAPPAVATTANA SUTTA


Setting into Motion the Wheel of Dhamma

- 
- 1. Dukkha:**
There is suffering
 - 2. Samudaya:**
There is the origin of suffering
 - 3. Nirodha:**
There is an end to suffering
 - 4. Magga:**
The way leading to the cessation of suffering




HUMAN BEING IS THE ONLY SPECIES
OF ANIMAL THAT REGRETS THE PAST,
IS FEARFUL OF THE FUTURE, AND
IS DISSATISFIED WITH THE PRESENT.

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GETTING IN THE ZONE! PAṬIPADĀ




- The way leading to the cessation of suffering
 - *dukkhanirodhagāminī paṭipadā ariyasaccaṃ*
- **The Middle Way**
 - *majjhima-paṭipadā*
- **paṭipadā**
 - **the way or path to reach a goal or destination**
 - **following the flow**
 - **getting in the zone!**

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THE MIDDLE WAY






❖ **Conscious Relaxation**
(consciously release tensions, relax the body, and calm the mind with mindful breathing)



❖ **Introspective Attention**
(gently bring attention inwards to observe bodily and mental activities)



❖ **Mental Equilibrium**
(compose and still the mind, free from emotional arousals and excitement)

IN THE ZONE

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3-STEP SELF-COMPASSION

 ❖ **PAUSE**
(allow time for emotional excitement & anxiety to calm down and hormonal reactions to subside)

 ❖ **RELAX**
(take deep breaths, relax the body, and consciously compose the mind to respond)

 ❖ **T.H.I.N.K.**
(purposefully focus on wholesome & beneficial response to the problem)


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CHOOSE YOUR THOUGHTS

✓ **CHOOSE YOUR CONSCIOUS RATIONAL THOUGHTS**
✗ **NOT LET UNCONSCIOUS EMOTIONS RULE YOU!**

“ Between stimulus and response there is a space. In that space lies the freedom and our power to choose our response. In those choices lie our growth and our happiness. ” (Viktor Frankl)



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MINDFUL BREATHING

Most critically overlooked relaxation tool!
Easiest to relax the body and calm the mind.

- a) Increases natural unforced oxygen intake (food for cells!)
- b) Stabilizes heart rate and blood pressure
- c) Regulates body temperature and blood circulation
- d) Restores and maintains homeostasis (stability)
- e) Calms the nervous system, indicating absence of threats

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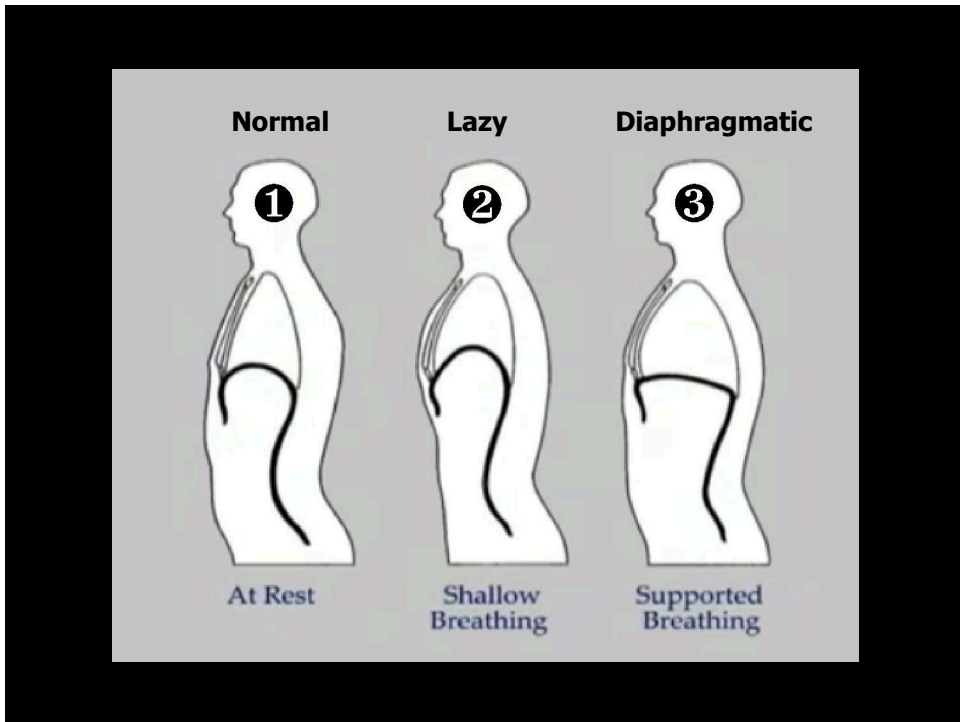
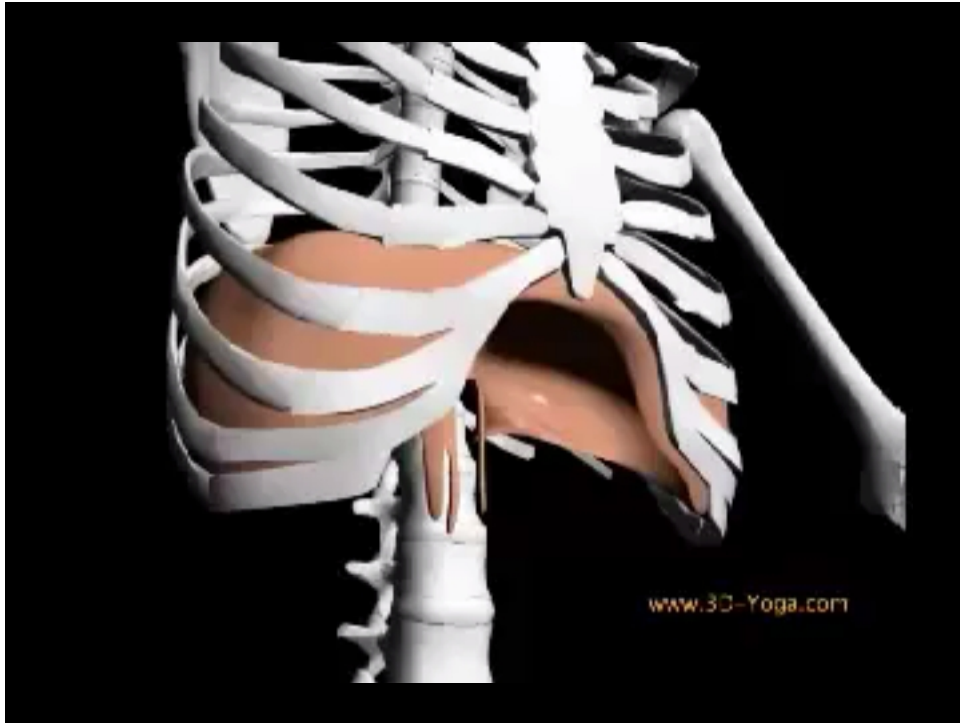



MINDFUL BREATHING EXERCISES

Basic Mindful Breathing Techniques

1. **Diaphragmatic Breathing**
2. **Diaphragm Exercise**
3. **Neuronal Oxygenation**
4. **Mindful breath visualization**

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#1) DIAPHRAGMATIC BREATHING

Breathing with the diaphragm


- Inhale through Nose
- Exhale through Lips
- Use Diaphragm to draw in air

1. Inhale using diaphragm (4~5 secs)
2. Exhale fully through lips (4~5 secs)

✓ **Relaxing & Calming**
✓ **Attention**
✓ **Wellness**



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#2) DIAPHRAGM EXERCISE


Exercising the diaphragm

- Inhale through Nose deeply
- Pushout hard, fast and fully through the lips
- Repeat 5 times


✓ **Relaxing & Calming**
✓ **Wakening the immune system**
✓ **Wellness**



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#3) NEURONAL OXYGENATION




4-6-8 Breathing:

- Inhale through Nose, exhale through Lips
- Push out 3 out-breath before you begin


1. Inhale deeply and swiftly for 4 counts
2. Hold breath for 6 counts (focus on counting)
3. Exhale & push out fully for 8 counts

- ✓ **Relaxing & Calming**
- ✓ **Attention**
- ✓ **Alertness & Concentration**
- ✓ **Wellness.**


Caution: Do Not Overuse!



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#4) Mindful Breath Visualization




1. I am relaxed, I am calm, I am peaceful, I am happy;
2. I am confident, motivated and passionate with my work;
3. I am capable, I am hardworking, and I am very good at what I do;
4. I am getting stronger and stronger, healthier and healthier every day;
5. I choose to be peaceful, I choose to forgive, and I choose to stay calm and relaxed;
6. I choose to be kind, I choose to be compassionate, and I choose to be helpful and caring;
7. I forgive myself, and I forgive others for all our shortcomings.

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#4) MINDFUL BREATH VISUALIZATION



Energy!


Breathing In...




IN: Visualize breathing in ENERGY!

- I am relaxed, I am peaceful, I am happy;
- I am confident, motivated & passionate with my work;
- I am capable, I am hardworking, and I am very good at what I do;
- I am getting stronger and stronger, healthier and healthier every day;
- I choose to be peaceful, to forgive, stay calm /relaxed;
- I choose to be kind, I choose to be compassionate, and I choose to be helpful & caring.

Breathing Out...



OUT: Visualize feeling the EFFECTS!

 ✓ Relaxing & Calming
✓ Wellness
✓ Optimism.

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3-STEP SELF-COMPASSION





❖ PAUSE

(allow time for emotional excitement & anxiety to calm down and hormonal reactions to subside)



❖ RELAX

(take deep breaths, relax the body, and consciously compose the mind to respond)



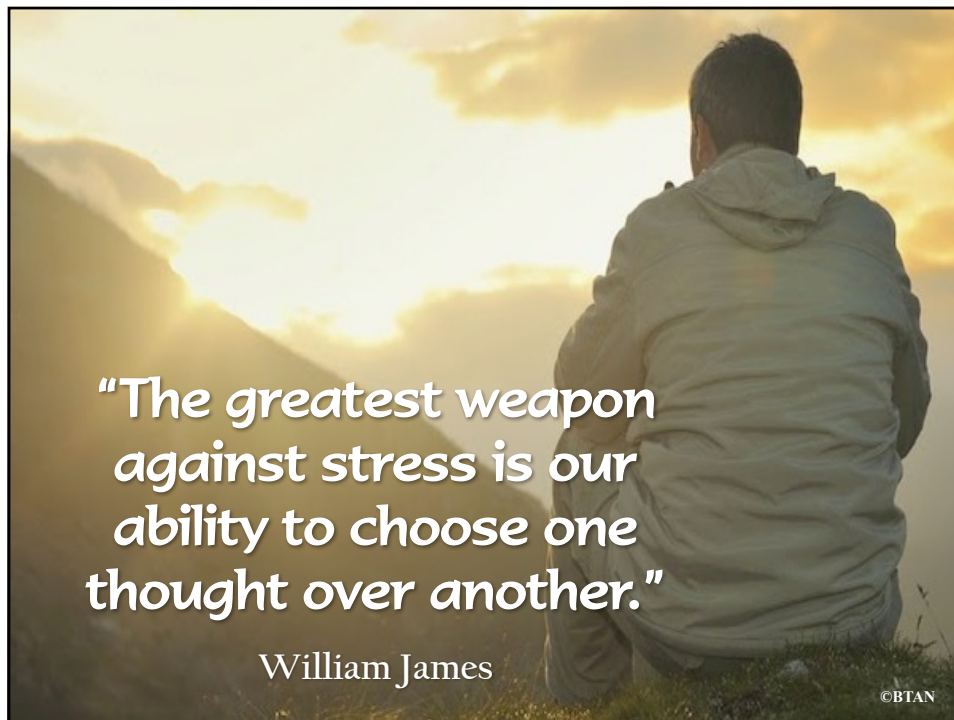
❖ T.H.I.N.K.

(purposefully focus on wholesome & beneficial response to the problem)

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HOW TO RESET YOUR MIND'S COMPUTER.



[Ctrl] Take charge of the things within your control and fix what can be fixed;

[Alt] Change the way you look at things, how you perceive your circumstances or respond to them;



[Del] Free yourself from the things outside your control and stop worrying about them.

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T.H.I.N.K. before you act or speak

 T	Is it Truthful	
H	Is this Helpful	
I	Will it Improve the situation	
 N	Is this really Necessary	
K	Is it a Kind act or speech	

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 **CONCLUSION** 

Explore the Buddha's teachings from a scientific perspective:

- ⌘ Emotional reactions to pleasant or unpleasant feelings lead to lust & greed and anger & hatred;
- ⌘ **PAUSE** before reacting to emotions to create a "gap" or window of opportunity to tame our emotions;
- ⌘ **RELAX** with mindful breathing to lead us into the "zone" of peace and tranquility;
- ⌘ Mindful breathing exercises will lead us to more tranquil and peaceful living ("in the zone").

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